

Dress Right, Dress

AFI 36-2903, Table 1.4

Nail polish for women must be conservative, of a single color, and in good taste. It will not contain any ornamentation. French manicures are authorized as long as natural colors clear with white tips are used. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Anthrax update

The anthrax vaccine used by the Department of Defense is safe and effective and has been licensed by the Food and Drug Administration since 1970 without interruption. However, due to a recent legal ruling that alleges the anthrax vaccine is an investigational new drug that necessitates informed consent before vaccination, the DoD will temporarily stop giving anthrax vaccinations until the legal situation is clarified. This is not a cancellation of the Anthrax Vaccine Immunization Program. For more information, call Maj. Mark Duffy at 452-8331.

Thunderbirds hiring

The U.S. Air Force Air Demonstration Squadron, the Thunderbirds, seeks to fill numerous enlisted positions in 2004. The team travels throughout the world to recruit and demonstrate to the public the Air Force's professionalism and technology in airpower. People selected for a special-duty assignment with the Thunderbirds will serve a three-year controlled tour at Nellis Air Force Base, Nev. Visit www.airforce.com/thunderbirds or call Staff Sgt. Anthony Lagred at DSN 682-2278 for details.

Eifel schools restructuring

The Kaiserslautern District Superintendent requests a community discussion regarding restructuring possibilities for Eifel schools. Options can be obtained from the schools. Written comments must be submitted by Jan. 20 via e-mail at school.board@spangdahlem.af.mil or 52msg.dodds@spangdahlem.af.mil, or write to 52 MSG/CCL, Attn: ESAB, Unit 3640, Box 35, APO, AE 09126. A public meeting to address these options will be held at Spangdahlem Elementary School Jan. 22 at 6:30 p.m. For more information, call Audrey Burkel at 452-6942.

Dining facility hours

The Mosel Halle Dining Facility ongoing hours of operation are as follows: **Monday-Friday:** breakfast, 5:30-8 a.m.; lunch, 11 a.m. to 1 p.m.; dinner, 4:15-7 p.m.; midnight meal 10:30 p.m. to 1 a.m. **Weekends:** breakfast, 6:30-10 a.m.; lunch, 10 a.m. to 12:30 p.m.; dinner, 3:30-6:30 p.m.; midnight meal, 10:30 p.m. to 1 a.m. **During exercises:** breakfast, 5:30-8:30 a.m.; lunch, 10:30 a.m. to 1:30 p.m.; dinner, 3:30-7:30 p.m.; midnight meal, 10:30 p.m. to 1:30 a.m. **Holiday hours:** breakfast, 6-7 a.m.; lunch and dinner, 11 a.m. to 5 p.m.; midnight meal, 10:30 p.m. to 1 a.m. For more information, call the dining facility at 452-6727.

Blood drive

A base blood drive takes place Wednesday from 9 a.m. to 3 p.m. in the Club Eifel ballroom. To sign up to donate, visit <http://intranet/misc/signup/blooddrive/>. To sign up to volunteer follow the link on the sign-up page at <http://intranet/misc/signup/blooddrivevol/>. Read the updated list of eligibility requirements on the sign-up page before arranging to donate. For more information, call Tech. Sgt. Margaret Santamaria at 452-6263.

Mop stars

Why is this airman so happy to be holding a mop? Team Eifel kicks off the new year with the wing's new base clean-up program.

Read "Swept Away! Spang goes 'back to basics' with Combat Proud initiative" on Page 2.



Eifel Times

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Jan. 9, 2004



Staff Sgt. Karen Z. Silcott

Stage write

Senior Airman Robert L. Harris Jr., 52nd Communications Squadron Pitsenbarger Airman Leadership School John Levitow Award recipient, participates in "Letters from the Front" Dec. 17 at the base theater. ALS students read letters from the frontline that were written during various military conflicts.

COLA covers cost of living despite struggling U.S. dollar

By Tech. Sgt. Mona Ferrell
USAFE News Service

RAMSTEIN AIR BASE, Germany -- Although the euro continues to gain strength against the American dollar, U.S. Air Forces in Europe members can be assured they will continue to be provided with the proper cost-of-living allowance, said USAFE officials recently.

Foreign currency rate changes are continually reviewed in high-cost living areas and the COLA rate is changed accordingly, said Lt. Col. Catherine McLoud, USAFE Accounting and Finance Operations branch chief.

COLA, a monetary allowance provided to members living in high-cost areas, ensures all military members have the same buying power, whether living overseas or in the continental United States.

"Several factors routinely impact COLA," Colonel McLoud said. "A Retail Price Survey is conducted each year to assess the costs and typical local economy buy rate of more than 160 items and services. These items are meant to give the true purchase-price picture for goods and services in each high-cost living area."

The survey results for each area are then provided to the Department of Defense Per Diem Committee in Washington, D.C., she said. The committee analyzes the data and assigns each location an index number indicating the cost difference between purchasing those same items in the United States.

A living pattern survey is conducted every three years to gather information on whether members purchase goods and services on base or on the local economy, said Master Sgt. Michael Windsor, USAFE Financial Management chief of command travel pay and procedures.

The ratio of on- to off-base purchases is taken into consideration when calculating the COLA rate here. These purchase percentages help determine the impact exchange rate fluctuations have on the overall COLA rate," he said.

But, the factor that has the most noticeable impact on a member's COLA is foreign currency rate changes, said Colonel McLoud.



Airman 1st Class Amaani Lyle

"The per diem committee makes updates as often as twice a month," she said. "If during that two-week period the cumulative cost of off-base spending has increased or decreased at least five percent, then the index number is changed and members receive an increase or decrease in their cost-of-living allowance accordingly."

Although the exchange rate fluctuates daily, it takes two weeks to adjust the military pay computer tables. But, this two-week adjustment works both ways, Colonel McLoud stressed.

"For instance, let's say the foreign exchange rate gets better, and the per diem committee determines that a COLA decrease is required," she said. "That decrease won't be seen until two weeks later, so during that time we're getting a COLA rate higher than what it's costing us to purchase goods. It takes two weeks to see a change in our paychecks whether the rate increases or decreases. Over time, the COLA rates balance out and we're getting the money we need to purchase the items we want, where we want."

"USAFE members are being affected by the dropping euro exchange rate, however the DoD is taking care of them through COLA adjustments," he said.

More information about COLA rates can be found on the Per Diem Committee Web site located at: <http://www.dtic.mil/perdiem/ocform.html>.

Swept away! Spang goes 'back to basics' with Combat Proud initiative

By Capt Kristina J. Selstrom
52nd Civil Engineer Squadron

Lately phrases like "calibrate your eyes," or "clean up your facilities" can be heard around base from commanders and peers. But what's the big deal about base appearance and why is it so important now? The efforts to improve and maintain base appearance have been consistent.

The Combat Proud concept is not a new idea. It is a focus to engage each individual who lives and works on Spangdahlem Air Base to make a conscience effort to maintain base appearance.

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, has created a command-wide program to standardize and engage individuals to be cognizant of the appearance of their surroundings inside and outside their working and living environments. It is representative of how we perform our mission. General Foglesong describes Combat Proud as a way "to engage each of us, as individuals, to take pride and ownership in our working environment, which is a direct reflection of how well we execute our mission day to day."

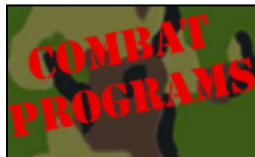
Col. Stephen Mueller, 52nd Fighter Wing commander, expounds on the program, wanting "to improve the appearance of our base and foster pride and productivity while

strengthening the commitment to our professional military way of life."

The Combat Proud program creates a base appearance standard for all facilities to meet that reflects the wing's ability to carry out the mission. Success in the program is measured directly by the ability to plan and execute appearance recognition programs by setting appearance standards, by creating plans to achieve those standards and then by following through to achieve those standards.

There are numerous ways to improve base appearance and the working environment. From minor things such as picking up trash on the street or identifying facility improvement repairs, to facility managers submitting or even designing a self-help project. Take the time to ensure facilities are meeting and setting the standard in appearance, such as ensuring the grass is maintained properly or that outdoor sidewalks are shoveled in the winter.

Facility managers are trained on how to identify improvement and repair requirements and all the avenues currently in place to accomplish them. They are resident experts in maintaining base and facility appearance. For further information, support or submission of work requirements call the 52nd Civil Engineer Squadron customer service section at



Airmen 1st Class Erica Alexander, 52nd Component Maintenance Squadron orderly room clerk, and Katrina Hamwey, 52nd Civil Engineer Squadron disaster readiness apprentice, disassemble outdoor Christmas decorations in front of their residence, dorm 225. The clean up is part of the ongoing bay orderly program. Wing dorms compete for quarterly inspection awards given for excellence in appearance, organization of the dorm council and general upkeep of the surrounding grounds and facilities.

452-7609 or utilize the facility manager to accomplish a Combat Proud improvement project.

The successes of today will continue into tomorrow as the message of "Excellence in all we do" is carried out to newcomers in sup-

port of the mission. Combat Proud is here to stay. General Foglesong said we should "let our base infrastructure showcase pride in our work and in everything we do.

We owe it to ourselves, to our teammates and to the Air Force."



Airman 1st Class Joshua E. Coleman

Up, up and away

Chief Master Sgt. Ken McQuiston, former 52nd Fighter Wing command chief, gets one-on-one coaching from Herr Warner, pilot of the Audi Heisseluttfballon Team Dec. 30. In the background, Master Sgt. Dan Beasley, 52nd FW career advisor, arranged the McQuiston family a balloon ride as a going away gift from the 52nd FW Top Three organization. Chief Master Sgt. Chris Kelley, formerly of the 52nd Maintenance Group, is the new effective wing command chief. He is assigned as the temporary command chief until final word is released from U.S. Air Forces in Europe officials.

DUIs, speedy driving cause of five major crashes last week

By Ian Lotan
52nd Security Forces Squadron
Reports and Analysis

Drinking and driving, and driving at speeds too fast for conditions caused five major accidents this past week.

The first crash happened on L-39. A senior airman slammed into an embankment after losing control of his vehicle while rounding a sharp corner. The airman failed sobriety tests and was arrested for driving under the influence. A driving suspension is pending.

The second crash occurred on K-136. A senior airman lost control of his vehicle while negotiating a turn on wet roads and slammed into a tree. The vehicle was totaled.



The third collision took place on Perimeter Road. A staff sergeant stated he was driving too fast and lost control of his vehicle. The car was totaled.

The fourth accident happened on B-50. An airman first class was driving to fast around a curve and crashed into a fence. The vehicle

was towed from the scene.

The fifth crash occurred on B-237. A base employee lost control of her vehicle and hit a tree. Driving at speeds too fast for conditions caused the crash.

Seventeen minor crashes also took place. Six resulted from driving too fast, three from backing improperly, three from wildlife encounters, in one the other was found at fault, and two resulted from tailgating.

Safety tip

Thieves target cars, office buildings and gathering places. Wallet, purse and backpack theft make up a large percentage of personal property theft. Always lock car doors and close windows even on base.

Airmen receive Article 15 punishment

During the month of November, four Spangdahlem airmen received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice.

- ♦ A senior airman assigned to the 52nd Logistics Readiness Squadron violated Article 86 by failing to go to his appointed place of duty. The commander imposed restriction for 10 days, 10 days extra duty and a reprimand.

- ♦ An airman first class assigned to the 606th Air Control Squadron violated Article 121 by stealing property from AAFES. The commander imposed a suspended reduction to airman, 30 days extra duty and a reprimand.

- ♦ A senior airman assigned to the 52nd Contracting Squadron violated Article 111 by driving while intoxicated. The commander imposed a reduction to airman first class and a reprimand.

- ♦ A senior airman assigned to the 52nd Equipment Maintenance Squadron violated Article 86 by failing to go to his appointed place of duty. The commander imposed a suspended reduction to airman first class and 30 days extra duty. At a later date, the senior airman violated Article 92 by failing to meet vehicle insurance obligations and failing to use the required technical order on a job. The commander then enforced the reduction to airman first class. (Courtesy of the 52nd Fighter Wing Staff Judge Advocate Office)



Airman 1st Class Luigie Santiago, 81st Fighter Squadron Aviation Resource Management apprentice, is this week's Top Saber Performer.

Top Saber Performer

Name: Airman 1st Class Luigie Santiago
Unit: 81st Fighter Squadron
Duty title: Aviation Resource Management apprentice
Hometown: Santa Isavel, Puerto Rico
Years in service: Two
Nominee's contributions to 52nd Fighter Wing mission success: Standout warrior and impact team player while deployed to Operation Enduring Freedom. Airman Santiago took charge of the 81st Expeditionary Fighter Squadron operations desk and flawlessly reported more than 100 combat situational reports for OEF to the 455th Operations Group Commander. Additionally, while deployed as a member of a two-person shop, he worked 12-hour shifts for 115 days before returning from OEF. He monitored and facilitated the resource inputs of more than 980 combat sorties and 2,800 hours.
Off-duty volunteerism and professional development pursuits: Airman Santiago acted as a post office volunteer during the Christmas season. What's more he is only one class away from completing his Community College of the Air Force degree, said his supervisor, Tech. Sgt. William Novak.
What do you do for fun? Play baseball and workout at the gym.
What do you like most about being stationed here? Traveling Europe with my spouse.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Add more parking near building 128.

Spangdahlem AB to receive new squadron commanders in 2004

The following are the consolidated squadron commander selection results for support, recruiting and training squadrons at Spangdahlem Air Base for the 2004 calendar year.

Lt. Col. Mark Fluker, 52nd Aircraft Maintenance Squadron; **Mitchell Gordon**, 52nd Civil Engineer Squadron and **Jeffrey Kromer**, 52nd Communications Squadron; **Majs. Jeffrey Alexander**, 52nd Component Maintenance Squadron; **Jacqueline Mongeon**, 52nd Maintenance Operations Squadron; **David Carlson**, 52nd Equipment Maintenance Squadron; **Paul Story**, 52nd Security Forces Squadron and **James Costey**, 52nd Mission Support Squadron. (Compiled from staff reports)

IEA Scorecard

| Project | Coordinator | Percent complete | Estimated completion |
|---------------------------|---------------------------|------------------|----------------------|
| Brick House | Eddy Mentzer | 100 | Complete |
| Jet Blast Inn AFN decoder | Tech. Sgt. Sean Applegate | 100 | Complete |
| Honor Guard uniforms | Tech. Sgt. Randall Reno | 100 | Complete |
| Billeting laptops | Master Sgt. Fred Ayers | 100 | Complete |
| Loaner transformers | Gertrude Cochran | 100 | Complete |
| Coffee Mill improvements | Capt. Glenn Gresham | 100 | Complete |
| Bus shelter improvements | Tech. Sgt. Michael Smith | 100 | Complete |
| HAS mezzanine | Tech. Sgt. John Murphy | 48 | Pending |
| Batting cages | Mandy Baerman | 70 | March 31 |
| HAS crew shacks | Tech. Sgt. John Murphy | 85 | Feb. 12 |
| Pavilion improvements | Udo Stuermer | 20 | June |

(Editor's note: The "Installation Excellence Award Scorecard" tracks the progress of 52nd Fighter Wing improvements set into motion this past year. Funds for the improvements come from winning the 2002 and 2003 Commander-in-Chief Installation Excellence competition at U.S. Air Forces in Europe-level, which is \$500,000 for each win.)

Eifel Salutes

52nd Mission Support Group

Staff Sgts. Kerryann Daley and Michael Lemorie and Airmen 1st Class Jeffery Campbell, Angela Campbell, Christine Roman, Simona Evans, Travis Ferguson, Lashaudra Myers and Melanie Middlebrooks went above and beyond as 2003 Headquarters U.S. Air Forces in Europe Daedalian competition briefers, which showed Team Eifel's finest for the inspectors. Pump up a salute for Staff Sgt. Eric Brooks, who's been active in both work and off-duty events, including pumpkin patrol, the squadron haunted house and his basketball coaching for the 52nd Communications Squadron. Airman 1st Class Megan Tyndall "Chef Boy-R-Deserves" a salute for her culinary efforts over the holiday season -- she was a crowd pleaser at the Mosel Halle Dining Facility grand opening and catered an off-base party for about 30 Team Eifel members all in the same day!

52nd Maintenance Group

We advise a salute for Staff Sgt. Gregory Lieteau, who, in addition to being the Unit Advisory Council President, also supervises team members during general maintenance and verification inspections. Staff Sgt. Stephen Voss is the boss when it comes to implementing unit vehicle and weapon registration programs through host nation authorities. The buck stops at Senior Airman Ryan Buxton, who ensures effective and efficient command, control and communications of all phases of security operations.

52nd Operations Group

Hip, hip, hooray for some outstanding 606th Air Control Squadron performers on their career development course: Airman 1st



Class Gary Miller gets a two-day pass for a 93 percent and his supervisor, Staff Sgt. Nicola Hines gets a one-day pass for Airman Miller's CDC score. Airman 1st Class Jody Knowlton gets a two-day pass for a 91 percent CDC score. Her supervisor, Staff Sgt. Veronica Jaworski gets a one-day pass for Airman Knowlton's score. Airman 1st Class Walter Storm worked up a storm to snag the coveted 606th ACS Logistics Modular Systems Flight Performer of the Month, December 2003.

52nd Medical Group

1st Lt. Miklos Rozsa and his wife and Tech. Sgts. Lorena Woolard and Evelyn Serafica offered gifts of the "maG.I.s" through the home-baked goodies, magazines and books they brought to injured Operation Iraqi Freedom troops at Landstuhl medical center. Staff Sgts. William Lewis and Matthew Petrie and Senior Airman Heather Lewis did a "mouvelous" job at moulage during the December exercise. Tech. Sgt. Joel Zoucha stepped up at the last minute to arrange transport to the exercise area for 10 moulage patients. The med group salutes Staff Sgts. Heath Autrey and Brett Garman for the coordination and participation of 10 FTAC students in the December exercise. It's crystal clear that Airman 1st Class Crystal Russell gets a salute for her "can do" rather than "why me" attitude. How's about a yuletide salute to Capt. Julie Colter and Charlotta Leader, who volunteered to cover shifts in the emergency room to allow hard-working nurses some well-deserved time off over the holidays.

Kudos to all; Team Eifel salutes you!
(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Members of the 81st Fighter Squadron Operations Resource Management Office make up this week's Top Saber Team.

Top Saber Team

Unit name: Operations Resource Management Office
A brief description of unit responsibilities: Tracks the daily flying operations to include the monitoring of pilots' qualifications, the squadron flying hour program and being capable of deploying combat operations and facilities anywhere in the world at a moment's notice.
Number of members: Six
How does the team fit into the 52nd Fighter Wing's mission? During Operation Enduring Freedom, the team input more than 15,000 pilot combat training events and 3,000 mission flight data documents. They ensured pilots were signed off on all critical flight requirements and monitored the daily combat radio communications with the pilots. They tracked 165 daily combat situational reports that were reviewed by the Central Command and Air Force commanders.
Team's other contributions through the year? The Operations Resource office is the 81st FS commander's primary monitor and facilitator for the squadron's 8,000-hour flying and combat-training programs.

OB upgrades focus on families

Obstetrics clinic implements innovative ways to ensure highest quality Team Eifel deliveries

By Maj. John P. Kennedy
52nd Medical Operations Squadron

The obstetrics clinic at Bitburg Annex, Spangdahlem Air Base, always strives to make things better for Team Eifel patients. During the past year, a transformation has taken place in support of Department of Defense initiatives to advance care and patient satisfaction in military hospitals.

The wing obstetrics staff has been hard at work to ensure that the care given to expectant mothers is of the highest quality and more family-centered. Improvements include doing away with unnecessary testing, reducing the number of visits for some and offering an ultrasound to all obstetrical patients at the 20th week of pregnancy, a service which had not been done here in the past.

Some welcome additions to prenatal care include new genetic testing for those who need it, culturing for a bacterium that can cause new babies trouble, and a 20-week ultrasound to check the size and anatomy of the baby.

In line with the idea that "more is not better," some things have been done away with. Previously, patients were seen every two weeks from the 28-36 week period.

Patients are now saved an average of two visits per pregnancy, which is time saved traveling to the appointment, in the waiting room and having to arrange with child-care. Laboratory-testing requirements are also reduced, which save the patient unnecessary pain and inconvenience. Finally, as long as an expectant mom has a normal blood count and a normal diet, prenatal vitamins are no longer required after 12 weeks.

The family practice clinic now offers prenatal care to a limited number of empanelled patients with uncomplicated pregnancies. The referral process begins with a screening in the OB clinic. If desired, select expectant mothers can then be referred to their primary care manager in the family practice for the bulk of their prenatal care. Toward the end of their pregnancy they return to the OB clinic for a series of appointments and to prepare for delivery by one of the wing's obstetricians.

While obstetrical care at Bitburg Annex Medical Center has always been centered on the family, now it's even better. Dads are encouraged to come to each appointment to hear the heartbeat and have questions answered, and the 20-

week ultrasound is open to all family members. At delivery, the father can cut the umbilical cord and even give the new baby his or her first bath.

If a cesarean section is needed, the father is allowed to be with the mother in the operating room. After the baby is born, the father can stay in the hospital overnight with the mother and baby, and every effort is made to provide a private room for comfort and privacy.

In addition, a variety of classes are offered to expectant parents several times before and after delivery. Topics include labor and delivery, breastfeeding, new infant care and even a class for the new baby's siblings.

Since mother's milk is best for babies and the Family Care Center has a benchmark breastfeeding program, outdistancing national standards and protecting Team Eifel babies.

Pregnancy care at Bitburg Annex Medical Center has always been focused on helping expectant mothers have a safe and enjoyable pregnancy. New guidelines and an emphasis on family centered care have brought about welcome advances. Bitburg Annex Obstetrical Services continues to embrace innovative programs to ensure patients are healthy and happy.

Spangdahlem AB, Bitburg water quality reports out, no need for bottled H2O

By 1st Lt. Miklos Rozsa

52nd Aerospace Medicine Squadron Bioenvironmental Engineering Flight

Spangdahlem Air Base has two drinking water plants located off base. Niederkail Water Treatment Plant draws water from a shallow well system. Grosslittgen WTP draws water from a deep well system. The wing's water is pumped from these wells, filtered, hardened, disinfected, fluoridated and distributed to surrounding communities to ensure a source of potable water.

Water produced at Spangdahlem AB is disinfected with chlorine, which effectively destroys bacteria and viruses. One beneficial characteristic of chlorine is that a certain amount remains stable in the water as it travels through the distribution system. This "residual" chlorine provides disinfecting protection to the consumer tap.

Drinking water may reasonably be expected to contain small amounts of contaminants. The presence of contaminants does not necessarily indicate that water consumption poses a health risk. The sources of drinking water include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and can pick up substances resulting from the presence of animals or from human activity. Some contaminants also leach out of the plumbing in the distribution system.

One contaminant of great concern on base is lead in drinking water. Although Spangdahlem AB water is in compliance for lead, awareness of the health effects of lead and safe practices to minimize exposure are vital because lead pipes or solder containing lead was used in the past.

Young children are most sensitive to the damaging affects of lead. Low exposure levels of lead can cause slow physical development and learning disabilities. Flushing water lines before use and using cold water when preparing food can minimize lead exposure. Lead cannot be seen, tasted, or smelled and boiling does not remove lead from the water. The only way to know if water contains lead is to have it tested.

Spangdahlem AB has taken direct and specific actions to minimize the possibility of contaminants leaching into drinking water from the distribution system itself. The entire water distribution system has been completely replaced up to the building connection. The old water lines were replaced with concrete lined cast iron lines. The building connections have been replaced with polyethylene units. This eliminates the possibility of leaching contaminants from the old galvanized piping or connections. In addition, a corrosion inhibitor has been added to the water. This corrosion inhibitor helps keep the contaminants out of the water and improves the system.

The 52nd Civil Engineer Squadrons Water Plant & Systems and Utilities sections operate and maintain the water distribution equipment and systems. CES personnel work 24 hours a day, seven days a week to ensure the system is pressurized and maintains sufficient chlorine residual. Members conduct operational monitoring to maintain the high quality of their final product -- safe drinking water for Team Eifel.

The 52nd Medical Group routinely monitors water quality. Bioenvironmental engineers collect additional water samples based on a monitoring schedule directed by the Department of Defense and Final Governing Standards for Germany to determine compliance.

Base tap water meets all DoD and FGS-G drinking water health standards. Specific details about water quality can be found in the Consumer Confidence Report published June 2003. These infrastructure upgrades and the compliant water sampling results show that all the base water is safe to drink. Bottled water is not required on base.

For more information on base drinking water quality, call the 52nd Medical Group's Bioenvironmental Engineering Flight at 452-8348.



Staff Sgt. Jennifer Lindsey

Airman 1st Class Nancy Cotto, 52nd Aerospace Medicine Squadron, pours buffer solution to test a pH meter's accuracy. The bioenvironmental engineer flight apprentice performs multiple random water sampling tests at sites around the base to ensure pH levels remain ideal and that base tap water is safe to drink.

Interested in a degree?

We can help you!

Call Spangdahlem AB's Combat Education Center at 452-6063



\$25,000 in college scholarships available to top Team Eifel youth

By Linda Chambliss
52nd Fighter Wing Public Affairs Office
Hidden Hero volunteer

The application deadlines are fast approaching for graduating high school seniors to receive more than \$25,000 in college scholarships from the Bitburg American High School Scholarship Association. The association will distribute academic, art and music scholarships later this spring to award recipients.

The BAHSSA is a combined effort of the Officers Spouses and Civilians Club and the Spangdahlem Spouses and Enlisted Members Club. The group annually provides thousands of dollars in scholarships and recently announced the rules and deadlines for submitting applications for the 2003/2004 academic year. This past year, 15 students earned scholarships ranging from amounts of \$500 to \$4,000.

In order to be eligible for any scholarship, a student must be a candidate for graduation from Bitburg American High School, a school serving a geographically separated unit attached to Spangdahlem AB, or a home-schooled student assigned to Spangdahlem Air Base.

Selection of academic scholarships is based on a package that the student must submit to include an application that can be picked up at the Bitburg American High School guidance counselor's office.

The selection committee will consider the following factors for academic scholarships: SAT/ACT

score, essay, awards and honors, leadership, application presentation, grade point average, extracurricular activities, volunteerism, work experience and number of high schools attended. The deadline for submission of the academic scholarship applications to the Bitburg American High School guidance counselor's office is Feb. 27.

Scholarships in music will be selected after a committee reviews an audition as well as an application package that contains areas for a performance portfolio, grade point average, essay, extracurricular activities, community service and leadership.

The art scholarship has similar selection criteria except that a committee will review a portfolio, art honors and awards, and recognition in the arts. Student portfolios will be judged in the areas of quality, breadth, and concentration. Applicants have the option of submitting a portfolio of 10 original works or of slides of their work. Students should designate four works that will be judged solely on quality.

Art and music scholarship applications (including portfolios) should be submitted to Room 114 at Bitburg American High School no later than April 9. The date for the music scholarship audition is yet to be determined.

Fact sheets that detail all rules and criteria and applications for all scholarships are available at the Bitburg American High School guidance counselor's office.

Servicemembers honored as Time 'Person of the Year'

By K.L. Vantran
American Forces Press Service

WASHINGTON -- Three U.S. Army 1st Armored Division soldiers, Sgt. Ronald Buxton, Spc. Billie Grimes and Sgt. Marquette Whiteside, graced the cover of Time magazine Dec. 22. They represent "The American Soldier" -- all men and women in uniform -- who have been chosen as Time's 2003 Person of the Year.

"For uncommon skills and service, for the choices each one of them has made and the ones still ahead, for the challenge of defending not only our freedoms but those barely stirring half a world away, the American soldier is Time's Person of the Year," editor-at-large Nancy Gibbs wrote in the opening essay of the magazine.

"By naming the American soldier as Person of the Year, we're using that term in its broadest sense, to stand for all of those in a U.S. uniform who go in harm's way, including (sailors, airmen and Marines)," managing editor Jim Kelly wrote in a letter to readers.

The magazine cover is a "fitting tribute to these young men and women who have volunteered to serve their country and are over there doing a superb job," said Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers.

Time officials said the magazine's naming of a Person of the Year recognizes "the person or persons who most affected the news and our lives, for good or for ill, and embodied what was important about the year, for better or for worse."

The war in Iraq dominated the magazine's covers during the last year, said Mark Thompson, Washington correspondent for Time. The Washington correspondent said the more Time officials talked about the cover, the more they realized that it should be the carpenter's tools

Air Force contributions in Operation Iraqi Freedom

Iraqi Freedom operational overview

- Since Operation Iraqi Freedom began March 19, the Air Force has flown more than 30,000 sorties, including 12,000 strike sorties, and dropped more than 21,300 munitions, 70 percent of which were precision-guided.

- Air Force aircraft have flown 5,700 airlift sorties, moving more than 55,000 passengers and 40,000 tons of cargo.

- The Air Force continues to provide full-spectrum air and space support. Tankers have flown more than 17,050 refueling missions. Intelligence, surveillance and reconnaissance assets have flown more than 3,025 missions.

52nd Fighter Wing contributions

From March-December 2003, more than 1,000 52nd Fighter Wing members have deployed in support of Operations Enduring Freedom and Iraqi Freedom. These deployed members provided support by maintaining and launching F-16 and A-10 aircraft, flying operations, feeding and lodging troops, protecting Air Force resources and more.

In the words of President Bush March 28, "We are sending a clear signal to the world that we will not submit to a future in which dictators and terrorists can arm and threaten the peace without consequence." (Read more about OIF on Air Force Link at www.af.mil.)

and not the carpenter they honored, so they opted for the soldier.

The photo, taken by James Nachtwey, was shot a few hours before a grenade landed in the Humvee he and Time reporter Michael Weisskopf were traveling. Mr. Weisskopf lost his right hand when he attempted to throw the grenade

from the vehicle. Mr. Nachtwey and two soldiers also were wounded in the attack. All are recovering from their injuries.

Time's tradition of naming a Person of the Year began in 1927 when the Man of the Year honor, as it was then called, went to Charles Lindbergh for his solo flight over the Atlantic.

Wing member chats with U.S. President

Deployed air traffic control specialist's Tallil tour anything but usual with DV visit, commander-in-chief call

TALLIL AIR BASE, Iraq -- An airman here got an extra Christmas gift this year.

Senior Airman Sean Strong, 332nd Expeditionary Operations Support Squadron, received a call from a White House operator Dec. 21 informing him he was going to receive a call from the U.S. President Dec. 24.

"I thought it was a prank call at first, but then the White House operator called a couple more times to make sure I knew it wasn't and to remind me to be by the phone," said the 52nd Operations Support Squadron air traffic control specialist.

The phone call came at 4:45 p.m. and Airman Strong spoke with the president about a number of things.

"He started out with his appreciation for what we all do out here and [said] to have a merry Christmas and happy New Year," he said. "He sounded very sincere when he expressed his gratitude (for) what we were doing out here."

After the President's thanks, the conversation moved on to a lighter topic.

Airman Strong asked him who his picks were to make it to the Super Bowl.

President Bush said New England and St. Louis.



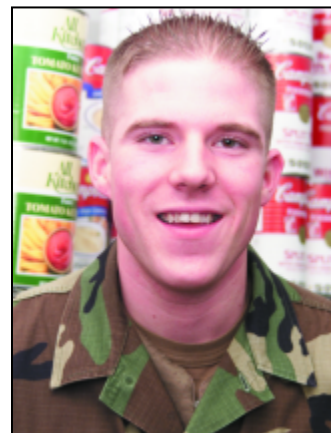
Gen. John P. Jumper, Air Force chief of staff, greets Senior Airman Sean Strong, 332nd Expeditionary Operations Support Squadron air traffic control specialist, during a recent visit to Tallil Air Base, Iraq. During the Christmas holidays, Airman Strong was given the opportunity to chat with President George W. Bush about his deployment.

The president asked the senior airman to pass on a message to his co-workers thanking them for what they do and wishing them all a happy holiday season.

The air traffic controller was recommended by the 52nd OSS first sergeant as a star troop, worthy of representing Air Force airmen during the Presidential call. (Courtesy AFPN; visit www.af.mil for more Air Force news.)

Ear to the ground

In addition to enduring separation from family, what mission challenge did you face while deployed in support of Operation Enduring Freedom or Iraqi Freedom?



Senior Airman Gary Conely
52nd Services Squadron dining facility storage room clerk
-- Served at Ali Al Salem Air Base, Kuwait, January-July

Photos by Staff Sgt. Jennifer Lindsey

"I found it tough keeping people motivated. Morale was low at times because of the thought that this could be the last place we'll ever see."



Tech. Sgt. Robert Brown
52nd Fighter Wing Historian
-- Served at bases in Kuwait and Qatar from February-July

"Capturing senior leadership's decisions and the operational activities that resulted from those decisions from the base where I was assigned at the time. Overall, I recorded about 10 gigabytes of data while traveling from assignment to assignment."



Staff Sgt. Jeff Tibbitts
52nd Equipment Maintenance Squadron Ammunitions Operations
-- Served at Bagram Air Base, Afghanistan, June-August

"Doing the same thing everyday -- go to work, go back to our tents to sleep and get up to do the same thing the next day. It was a challenge to keep my mind focused on the job because of the monotony."



Airman David Dixon
52nd Operations Support Squadron Intelligence
-- Served at Bagram Air Base, Afghanistan, September-November

"Spending my 21st birthday in Afghanistan. I always expected to have a typical 21st and being at a dry base made it difficult, but it was definitely worth it."

Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Food recall

General Mills has issued a mandatory product recall on Betty Crocker Triple Chunk Supreme Brownie in the 21.2-ounce package, UPC No. 01600046790. This product has the potential of containing pecans not listed on the ingredient list and therefore may be hazardous to consumers with nut allergies. This product is carried in Defense Commissary Agency Europe stores. Suspect packages have been removed from the shelves. Customers who may have this product may return it to the commissary for a full refund.

White lights needed

Bitburg High School seeks white Christmas light donations for its end of the school year senior celebration, Monte Carlo Night. Drop off donations to Bill Triplett of the Spangdahlem AB Family Support Center in building 307 or Robyn Poesse of the Bitburg Annex FSC in building 2001.

Play auditions

Auditions for the adult play "Censored: On Final Approach" take place Saturday at 1 p.m. in the Spangdahlem Elementary School cafeteria. The play is ACT-Eifel's entry for the 2004 U.S. Army Europe Tournament of Plays. Call Denise Rossignal at 452-7381 for details.

SSEMC meeting

The Spangdahlem Spouses and Enlisted Members Club meets Wednesday at 6 p.m. in Spangdahlem AB building 425. Events include refreshments and playing "Bunko." E-mail Master Sgt. Sheldon Sukut at sheldon.sukut@spangdahlem.af.mil or call 452-5651 for more information or to reserve seats.

King commemoration

♦ The 52nd Fighter Wing Chaplain Service honors Rev. Dr. Martin Luther King Jr. in a commemoration service Thursday at 11:30 a.m. in the Spangdahlem AB Chapel. Special guest Chaplain (Col.) Nathaniel Crawford, Command Chaplain of Air Force Materiel Command, Wright-Patterson Air Force Base, Ohio, speaks on the topic "Educating the Next Generation: The Dream Continues." The Spangdahlem Gospel Ambassadors sing



Barbara Triplett

Caring 101

Spangdahlem Elementary School first graders hold up the school supplies they brought in for collection for the school's Gift of Giving project. Students completed different projects at home to earn money to purchase school supplies for students in Afghanistan. The students raised \$552. The first graders walked to the base exchange to purchase the supplies Dec. 16. They go on another trip to the base post office this month to mail their gifts.

gospel hymns. A reception follows. Call Chaplain (Maj.) Dennis Saucier at 452-6711 for more information.

♦ The Black Cultural Awareness Association Rev. Dr. Martin Luther King Jr. Luncheon takes place Jan. 16 from 11 a.m. to 1 p.m. in Club Eifel. Call Master Sgt. Erick Anderson at 452-3131 for details.

Post office hours

Parcel pick up hours at the Bitburg Annex Post Office are now Monday-Friday from 9 a.m. to 6 p.m. All other postal service hours remain the same.

Education center news

The 52nd Mission Support Squadron Education Services Center is located in Spangdahlem AB building 192. Call 452-6063 for more information.

♦ Term III class registration takes place now through Jan. 16 for classes offered by Central Texas College, Embry-Riddle Aeronautical University and the University of Maryland.

♦ The University of Phoenix offers master's degrees in business administration and education. Call the Spangdahlem AB branch office at 452-7556 for details.

♦ The Embry-Riddle Aeronautical University eight-week aviation legislation class starts Monday. A college mathematics

eight-week course begins Wednesday. Also, a three-weekend class in general aeronautics and applications begins Jan. 17. Call Sara Owens at 452-7553 or e-mail erauspan@t-online.de for more information.

Arts and crafts workshops

Register for 52nd Services Squadron Skills Development Center arts and crafts classes at Craft Corner in the base community center, unless specified otherwise. Call 452-4141 for details.

♦ Basic auto care, Wednesday from 5-6:30 p.m. Cost is \$10. Register at the auto skills center in Spangdahlem AB building 189.

The following classes take place in Bitburg Annex building 2002.

♦ Intermediate quilting, each Monday, starting Jan. 12-Feb. 16, from 6-8 p.m. Cost is \$35.

♦ Basket weaving, Thursday from 5-10 p.m. Cost is \$25.

♦ Beginner quilting, each Thursday, starting Jan. 15-Feb. 19, from 6-8 p.m. Cost is \$35.

♦ Tole painting, Jan. 20 from 5:30-8:30 p.m. Cost is to be determined.

The following classes take place in Spangdahlem AB building 189.

♦ Stamping, Tuesday from 6-9 p.m. Cost is \$15.

♦ Scrapbooking, Thursday from 6-9 p.m.

Cost is \$12, supplies not included.

♦ Intermediate oil and acrylic painting, Jan. 20 and 27 from 11 a.m. to 12:30 p.m. Cost is \$35.

♦ Intermediate watercolor painting, Jan. 22 and 29 from 11 a.m. to 12:30 p.m. Cost is \$25.

♦ Tole painting, Jan. 22 from 5:30-8:30 p.m. Cost is to be determined.

Prayer luncheon

The 52nd Fighter Wing 2004 National Prayer Luncheon takes place Jan. 22 at 11:30 a.m. in Club Eifel. Special guest Chaplain (Brig. Gen.) Charles Baldwin, Air Force Chaplain Service chief, Washington D.C., speaks on the topic "Can You Hear Me Now?" Visit unit first sergeants or the Spangdahlem AB Chapel office for tickets.

Boy Scout news

A merit badge workshop takes place Jan. 24 from 8:30 a.m. to 4 p.m. in Spangdahlem AB building 139. The workshop offers assistance to scouts working to earn unusual badges including aeronautics, collections, fingerprinting and more. Call Senior Master Sgt. Dan DeMers at 452-6016 for details.

Artists' meeting

The Europe Artist Association meets Jan. 26 from noon to 1:30 p.m. in the Eifel Lanes Bowling Center parking lot. Attendees should bring sketch pads and pencils. E-mail Kristin Sue Kim at ksueart@hotmail.com for details.

Volunteer tutors

Eifel region Department of Defense Dependent Schools seek Hidden Hero volunteers to help students improve their study skills. Call Bitburg High School at 452-9202, Bitburg Middle School at 452-9310, Bitburg Elementary School at 452-9215, Spangdahlem Middle School at 452-7205 or Spangdahlem Elementary School at 452-6881 for details.

Preschool get-togethers

♦ Children's story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for more information.

♦ A preschool playgroup meets each Tuesday from 10 a.m. to noon in Spangdahlem AB Military Family Housing, building 409-C. A playgroup meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for details.

♦ Children's story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem AB Library. Children ages 2-5 are invited. Call 452-9056 for details.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.

Col. Stephen Mueller.....Commander
Maj. Melinda Morgan.....Public Affairs chief
1st Lt. Gerardo Gonzalez.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Staff Sgt. Jennifer Lindsey.....Editor
Airman 1st Class Amaani Lyle.....Assistant editor
Iris Reiff.....Leisure writer
Senior Airman Lindsay Fox.....Technical assistant

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Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared, and provided by the 52nd Fighter Wing Public Affairs Office staff. All photographs are U.S. Air Force photographs unless otherwise indicated.



Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■ DirectLine@spangdahlem.af.mil

■ Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■ To PA in building 23.

■ Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Month Sortie Scoreboard

| Aircraft | Goal | Flown | Delta |
|----------|------|-------|-------|
| F-16 | 345 | 368 | 41 |
| A-10 | 216 | 226 | 10 |

*Delta is contract vs. sorties flown to date.

Through Dec. 31

Courtesy of the
52nd Maintenance Operations Squadron
Plans and Scheduling Section

Viewpoint

Jan. 9, 2004

Page 7

Daily challenges

Treating boundaries as guides, rather than walls, builds strength

Maj. Michael Platt
52nd Fighter Wing Command Post

I recently read an article reporting that the long-held belief that depression and suicide rates increased during the holidays was untrue and only an urban legend. I don't know if that's true, but I do know that when I was doing all my Christmas shopping Dec. 24, I noticed a lot of scowls and frenzied looks on the faces of my fellow shoppers.

It seems that the holiday season is a time when the houses of cards we call our schedules tend to come crashing down, leaving us in a bad mood for what should be a joyous season. Then, we make firm New Year's resolutions to not let the same thing happen in the future, only to repeat the same pattern the next year.

A friend of mine is reading a book by Drs. Henry Cloud and John Townsend called, "Boundaries: When to Say Yes; When to Say No; How to Take Control of Your Life." My friend explained it deals with one of the keys to keeping the right attitude to experience the joy that life offers throughout the year. The principle I'm talking about is setting boundaries in our lives. These boundaries are the time and energy that we set aside for the priorities in our life.

It's important to clearly identify our priorities. For example, my priorities listed in order include my relationship with God first, my family and friends, my job, and so on. Setting boundaries dedicates the right amount of time and energy to each of these priorities. It also requires us to stick

“Setting boundaries dedicates the right amount of time and energy to each of these priorities. It also requires us to stick to those commitments and not be overwhelmed by the numerous little events that pop up in a given day.”

to those commitments and not be overwhelmed by the numerous little events that pop up daily.

What that means for the hard charging "Type-A" personalities among us is that we need to learn to say "no" to some things. One aspect of this is realizing that we aren't going to solve all of Spangdahlem Air Base's problems while we're here. It may be necessary to leave the office at night before every e-mail is read or every loose end is tied up.

According to my priorities list, I shouldn't let my job encroach upon more important priorities like faith and family. This principle also means that the more laid back "Type-B" personalities among us need to get intentional and make a plan.

By searching our faith and discussing with our families, we need to decide what our priorities are and how much time and energy we need to spend on them. As we try to set up these boundaries, we need to take advantage of the resources that the

base has to offer. Whether it's the chapel, the family support center or life skills classes, we need to make use of all the expert advice we can get.

Additionally, I need to determine how much time my relationship with God requires, how much energy I need to keep my family healthy and happy and what it takes to get the mission done properly. Once I've set these boundaries, I need to stick with them. This may mean saying no to opportunities like a high-profile additional duty or another ministry at church that would conflict with my established boundaries.

Of course, we still need to maintain flexibility for exceptional circumstances, such as new additions to the family, contingencies and emergencies. However, if we stick to our defined boundaries, most of the time we're going to be better able to manage unforeseen events.

While setting up boundaries is a good technique, we need to also understand that we're still going to mess up and our life is still going to come crashing down occasionally. It's when we screw up that we must realize that we aren't supermen or superwomen who can achieve perfection by ourselves.

When we fall down, we need to let our faith, our family and our friends help us back up. Then we can re-establish our priorities, reset our boundaries and get on with living our lives with a restored focus.

Improvement

Tell us what you think about the Eifel Times

Spangdahlem Air Base's newspaper, the Eifel Times is the 52nd Fighter Wing commander's primary communication tool with the local military community.

To ensure the Eifel Times serves the base population to its maximum capability, the 52nd FW Public Affairs Office staff seeks your input. Your honest response to the following questions can help us provide Team Eifel with an information source that truly serves its community.

Please e-mail your response to 52fw.paoffice@spangdahlem.af.mil, fax it to 452-5254 or drop off handwritten responses to the public affairs office, located on the bottom floor of Spangdahlem AB building 23. Please, no calls.

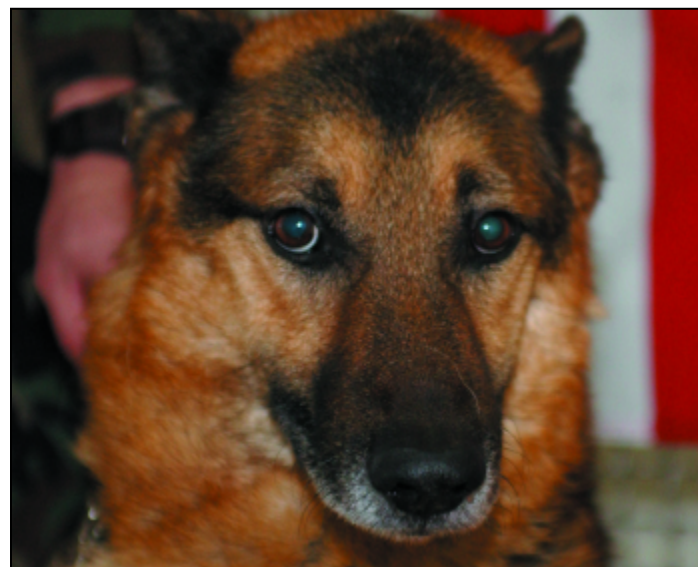
Thank you in advance from the 52nd FW/PA staff!

1. How often do you read the Eifel Times? For example: Weekly, monthly, when the cover catches my eye ...

2. What section of the Eifel Times do you read most regularly? For example: News briefs, crash reports, "Eifel Salutes" ...

3. What do you like least about the Eifel Times? For example: I don't care for the stories that don't relate specifically to Spangdahlem AB ...

4. What would you do to improve the Eifel Times? For example: I would like to read articles covering base intramural sports ...



Airman 1st Class Heather Forrest

In memory ...

52nd Security Forces Squadron Military Working Dog "Jeck" showed his teeth for the first time as a K-9 on patrol here at Spangdahlem Air Base Dec. 5, 1996. The 9-year-old German shepherd patrol and drug detector lost his short battle with cancer Dec. 5. During his service, he contributed to multiple drug finds which led to the successful courts-martial of the offenders. Jeck twice performed at the U.S. Army Europe MWD Competition where he won the Drug Detection Championship in 1999. This past year, he deployed in support of Operation Iraqi Freedom. "This security forces member's dedication to Team Eifel and the protection of our freedom will never be forgotten," said Col. Larry Laird, 52nd SFS commander.

Movies

All movies play at 7 p.m. unless indicated otherwise. Times and movies are subject to change. For the most current information, call 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Bitburg Castle

Today

Dr. Seuss: The Cat in the Hat (PG)

Sally and her brother are left home on a rainy day and are rowdily entertained by a mysterious man-sized cat. The problem is Mom has left strict instructions that the house remain spotless.

Saturday

Dr. Seuss: The Cat in the Hat (4 p.m.)

Good Boy (PG)

Owen adopts a scruffy mutt he names Hubble. Both boy and dog get more than they bargained for when Owen discovers he can understand Hubble's every word.

Sunday

Lost in Translation (PG-13)

Bob is a big American star, but in Tokyo, his fame's only as good as the whiskey he sells. While in Japan, he finds a kindred spirit. Together they strike up an unusual friendship.

Closed Monday and Tuesday

Wednesday

Beyond Borders (PG-13)

Sarah, a sheltered American socialite, meets a renegade doctor and his commitment to humanitarian efforts in war-torn nations moves her deeply. Driven by her passion, Sarah risks everything to save the doctor from peril.

Thursday

Good Boy (PG)

Spangdahlem Skyline

Today

The Texas Chainsaw Massacre (R)

Five people find themselves stranded in a small Texas town where they encounter a chainsaw-wielding maniac known as Leatherface.

Kill Bill (R, 10 p.m.)

An assassin named the Bride is shot by her boss at her wedding. She survives and hunts the assassin.

Saturday

The Haunted Mansion (PG)

A real estate agent and his family visit an old mansion to check out the property and get stranded there.

In the Cut (R, 10 p.m.)

A New York City professor dives into a dangerous affair with a police officer who is investigating the murder of a woman in her neighborhood.

Sunday

The Haunted Mansion (4 p.m.)

Kill Bill

Monday

The Haunted Mansion

Tuesday

In the Cut

Closed Wednesday and Thursday



Justin Devine plans his next hold during the Project CHEER Wall Climbing Competition in the base fitness center Dec. 29.

Airmen reach new heights in Project CHEER tourney

Story and photo by Chief Master Sgt. Steven Lage
52nd Civil Engineer Squadron

Know someone who's about to climb the walls? Combat CHEER, Creating Hope, Energy, Enthusiasm and Recreation, held a competition for just that. Spangdahlem Air Base's first-ever indoor rock climbing competition took place Dec. 29 at the base fitness center.

The event drew 22 competitors who competed in three categories: women's and men's novice and men's advanced. The top climbers in each category won prizes and more importantly, serious bragging rights.

"It's great exercise. Every part of my body hurts," said Lisa Kuehn1, of the 52nd Equipment Maintenance Squadron. "It really tests your limits."

Megan McQuiston, daughter of Chief Master Sgt. Ken McQuiston, dominated the women's division alongside Kuehn1 who placed second. Nine-year-old Ali Yetter, daughter of Tech. Sgt. Michael Yetter, 52nd EMS, followed close behind taking third.

Bryce Kelsey, of the 52nd Aircraft Maintenance Squadron, swept the men's novice category, followed by Scott McQuiston, son of Chief McQuiston and Justin Devine, 52nd



AMXS, taking third. Matthew Jensen, 22nd Fighter Squadron, narrowly took first place in the men's advanced category, separated only by one "fall" from Ryan Davis, son of Master

Sgt. Jeffrey Davis, 52 EMS, who took second, followed by Tom Mueller, son of Col. Stephen Mueller, 52nd Fighter Wing commander, in third.

Regardless of the results, climbers and spectators had fun.

"It was a blast; awesome! I had a lot of fun," said Davis.

Indoor climbing may look intimidating but it's quite safe. Climbers are all trained and certified through the fitness center before they set foot on the wall for the first time. They also use standard climbing rope and harness for personal safety.

So, the next time a Team Eifel member feels like they're about to climb the walls, they should sign up for a climbing certification class at the fitness center. For more information, call the fitness center at 452-6496.



Sports Shorts

Submit "Sports Shorts" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Intramural sports news

Basketball

Monday game scores:

SVS vs. EMS-B, 67-51

MOS vs. CES-B, 55-50

CMS vs. LRS, 45-43

Racquetball

MDG is the 2003 season champions

Fitness classes

The following January fitness classes take place in the Spangdahlem AB fitness center, unless otherwise specified. Call the center at 452-6634 for more information. Note: There are no fitness classes Jan. 19.

Monday: Legs, arms and butt, 9 a.m.; 5-for-2, 11:30 a.m.; circuit training, 3:30 p.m.; and kickboxing, 5 p.m.

Tuesday: Sculpting, noon; and LAB, 5 p.m.

Wednesday: Step aerobics, 9 a.m.;

5-for-2, 11:30 a.m.; circuit training, 3:30 p.m.; and kickboxing, 5 p.m.

Thursday: Yoga, 11 a.m.; sculpting, noon; yoga in the Bitburg Annex fitness center, 4:30 p.m.; and LAB, 5 p.m.

Friday: 5-for-2, 11:30 a.m.; and circuit training, 3:30 p.m.

Spinning classes

The following January Spinning classes take place in the Spangdahlem AB fitness center. Call the center at 452-6634 for more information.

Monday: Strength and interval, 6 a.m.; and strength and endurance, 11:30 a.m.

Tuesday: Beginner, 6 and 9 a.m.; endurance, 11:30 a.m.; and strength and interval, 5:30 p.m.

Wednesday: Strength and interval, 6 a.m. and 5:30 p.m.; and strength and endurance, 11:30 a.m.

Thursday: Beginner, 6 and 9 a.m.;

strength, 11:30 a.m.; and endurance, 5:30 p.m.

Friday: Strength and endurance, 6 a.m.

Outdoor recreation

Register for the following 52nd Services Squadron Outdoor Recreation trips and classes by visiting the center in Spangdahlem AB building 146. For more information, call 452-7176.

♦ Swiss ski trip, Jan. 16-18. Cost is \$265 for a dorm room, \$340 for a double.

♦ Black Forest ski trip, Jan. 23-25. Cost is \$250.

♦ Hunting and fishing exposition, Jan. 31. Cost is \$30.

Fitness Factor

The Fitness Factor challenge takes place Jan. 16 at noon in the base fitness center. For more information or to register, call 452-6496.

